



Marin Fencing Academy
827 Fourth Street
San Rafael, CA. 94901

Summer 2012 Youth Fencing Camp

Daily Itinerary

- Monday** Warm Up, Stretch, Value of the Day, Intro to Footwork (-First Position -En Garde –Advance –Retreat –Extend -Lunge) Intro to Parries (-Parry Four and –Parry Six) Intro to Riposte, Intro to Rules of Game/History of Fencing, Lunging Drills, Crafts, Games, Uniforms, Fencing
- Tuesday** Warm Up, Stretch, Value of the Day, Intro More Footwork (Appel, Advance Check, Retreat Check, Jump Forward, Jump Lunge, Advance Lunge) Intro to Bladework (-Engagement, -Change of Engagement, -Disengage, -Feint Attack) Review of Footwork, Concept of Right-of-Way, Blade Drills, Crafts, Games, Electric Boutings/Fencing
- Wednesday** Warm Up Stretch, Value of the Day, Review of Footwork/Bladework/Parries, Intro New Bladework (-Beat Direct Attack -Beat Disengage,) Intro to New Parries (-Circle Six –Circle Four) Parry Drills, Crafts, Games, Electric Boutings/Fencing
- Thursday** Warm Up, Stretch, Value of the Day, Review of Footwork, Bladework, Parries, Intro Low Line Parries (-Parry Seven –Parry Eight) Intro to New Bladework (-Glide in Four –Glide in Six) Intro to Flank Target, Drills, Crafts, Games, Electric Boutings/Fencing
- Friday** Warm Up, Stretch, Value of the Day, Review of Footwork/Bladework/Parries, Drills, Crafts, Games, Intro to Competition, View Olympic/World Championship Fencing Footage, Mock Tournament

Fencing Demonstration

1:30 pm Friday Afternoon

Parents Are Encouraged to attend!!